



Strengthening Families:

A Program for Parents and Children

What is Strengthening Families?

- ✦ 14-session program for parents and their children
- ✦ meets one night per week for 2.5 hours
- ✦ focuses on parenting skills, child social/life skills, and family relationship skills
- ✦ includes skills building and education for dealing with behavior, family bonding, substance use, anger, and problem solving

Who Can Participate?

- ✦ parents/caregivers and their children who would like to improve communication and family strengthening skills
- ✦ childcare may be provided for younger siblings

How Can I Apply?

- ✦ Call 805-540-8364
- ✦ Complete and submit an application (on reverse side of this flyer)

What is the Cost?

- ✦ The program is free of charge

For more information, call SLO County Drug and Alcohol Services at (805) 540-8364